

**I choose to exercise  
because \_\_\_\_\_  
is important to me.**

Having *(line above)* \_\_\_\_\_ will impact  
my life in the following ways:

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I will set up my support system by:  
*(Eg have an accountability partner, make a space in my home for my gear, create a  
daily progress chart, post up my goals where I can see them)*

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Ways in which I can make exercise fun and enjoyable are:

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I agree to push myself a little when I don't feel like it because:

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My 15 minute check-in appointment is on April \_\_\_, at \_\_\_:\_\_\_am/pm.

To submit goals and book the check-in appointment, e-mail Lara Williams:  
lifecoach@getonwithit.ca